



# High Performance Manual Transmission

**J Ma**



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web sets reps 5 min fatigue frequency 3 5 x day elbow flexion and extension bend and straighten your elbow as far as you

can sets reps 3 x 15 20 frequency 3 4 x day active horizontal shoulder adduction in standing with your elbow bent to 90 raise your arm out to the side to shoulder height 1

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web hand position place one hand on the front of the shoulder for stability and the other hand on the person s shoulder blade heel of hand near the person s armpit and finger tips at the middle edge of the shoulder blade start position gently pull at the middle edge of the shoulder blade to move the it away from the spine

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web instructions exercises should be done at least once per day do one arm at a time perform exercises slowly exercises to increase strength in the upper extremities some type of weight or resistance should be used recommendations commercial wrist weights 1 to 2 lbs soup or tuna can shoulder flexion

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web mar 5 2009 our purpose was to examine if early measures of upper extremity active range of motion arom could predict recovery of upper extremity function and to describe the trajectory of upper extremity arom recovery over time

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web self range of motion exercises for the arm and hand after a stroke it is important to do the exercises in this handout for your affected arm and hand you can do them on your own by using your unaffected arm and hand these gentle movements are called self range of motion exercises and they help to maintain your movement prevent

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web mar 10 2021 open your hand holding the fingers straight bend the middle finger joints next touch your fingertips to the

top of your palm open your hand repeat 10 times with each hand next reach your thumb across your hand to touch the base of your little finger stretch your thumb back out repeat 10 times

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web elbow stretch hold your wrist start with your arms straight slowly bend your elbows hold for seconds slowly return to starting position with elbows straight repeat times forearm stretch affected hand on your lap or supported on a table rotate your hands so the palm of your affected hand is facing downwards

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